

SUMMARY OF 2019 SPIRITUAL COLLOQUIUM WORKGROUP REPORTS

Mental Health & Wellness

1. The interconnectedness of Mental Health & Wellness
2. The stigma & lack of awareness & education attached to mental health causes people to be hesitant to get help
 - We have to let them know it is okay to admit weaknesses. Therefore, they should not feel isolated. It begins with trust that leads to prevention.
3. Disparities in access to care

Mental Health - Imbalance that encompasses a disruption in our lives. This disruption can happen in an instance.

- Affects how we act and think
- Does not discriminate –color, age, religion, etc. are not factors
- We have to work to reduce stigma so people can get help
- Trust leads to prevention
- Awareness and Education are key to recognizing the symptoms
- Collaborative care can help address total needs (medical, mental, & physical), the person can receive substance abuse and mental health care in one place. The person's physical needs must also be addressed. Meeting physical needs are a problem sometimes because some people cannot afford to eat healthy. Even in schools small children need their mental health issues addressed.
- There must be access to mental health care and resources available to those who need help
- It is important to ensure the diagnosis is correct for the patient and the caregiver.
- Mental Health breaks should also be provided to those who provide the services.
- samhsa.gov – website to request info. related to mental health

Mental Health & Wellness Action Plan

- Education & Awareness Campaign
- Campaign will focus on Churches in Communities, Libraries & Other Public Spaces
- Create a Mental Health 1st Aide care to help people recognize the symptoms/signs
- Roundtable Discussions via Chat & Chew, Coffee House, Book Club, & Blue Table Talk –Social Media (Live Broadcast on Facebook)
- Social media can help spread the awareness – those who impact the public like doctors or police can ask questions that may lead others to disclose more information.
- Create Resource List- Mental Health services are provided by churches, The Salvation Army, hot lines, etc. who can directly help or provide referrals to another resource if they cannot provide the appropriate mental health services. Companies should be willing to share this information with others.

Next Meeting for Mental Health & Wellness Group is via Skype on 6/20/2019

Moral Injury

- Individual Stories – human connection
- Need for awareness/begin the conversation
- Next steps sharing resources, conferences/materials – trainings

Social Justice

Re-Entry after Incarceration

1. Create a group to check on senior citizens that don't have family members to check on them
2. Great support group for ministers to be a part of because a lot of them commit suicide
3. Assist Ex-Offenders by creating small jobs to generate funds and raise confidence
4. Mentorship for youth, search for young-folk that need that wrap around love.
5. Give them hope and faith in themselves with care.
6. Independence and wrap-around support
 - Continued Case Management Services
 - Steady employment
 - Sense of Purpose (Community Connectivity)
 - Celebrating Milestones

Social Justice Points of Action:

1. Prevention
 - Community Policing
 - Mentorship
 - Community Engagement
2. Transition (Pre-Release Services)
 - Improving Persons Holistically
 - Addressing Health Needs
 - Family Reconciliation
 - Spiritual Needs
 - Emotional Management
 - Substance Abuse Services
 - Housing
 - Community Prep/Education

Education

1. Develop a “road map” to formalize on how to adopt a school program
2. Increase awareness of VOAC Services to school community and how to support academic opportunities at the college level (i.e. community service hours)
3. Workforce Development – Summer Youth Employment Program

Housing

Action Steps:

1. Legislative Advocacy
 - Development
 - Permanent Supportive Housing
2. Make Housing and Healthcare Issues
 - Start conversation
 - Dollars and Data
3. Follow – up meetings
 - Strategic plan to go forward